

Highmark® Wellness Coaches

Highmark [wellness coaches](#) can create a personalized plan to help employees reach nutrition goals through no-cost, confidential phone sessions.

In addition to nutrition, wellness coaches can also help employees stay motivated to reach health goals for:

- Sleep
- Stress management
- Chronic conditions
- Weight management
- Smoking cessation

Employees can get started by calling 1-866-472-0924 (the number on the back of their medical ID card).